



KRISTEN BOWEN

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BIO:

It took a complete health crash to lead Kristen Bowen to create Living the Good Life Naturally in 2002. Autoimmune issues and a series of failed surgeries left Kristen bedridden and depressed, with daily seizures. Through research and looking for outside the box solutions, she discovered that to regain her health she needed to build a strong foundation. That foundation included food as medicine and the number one building block for optimal health: Magnesium. She discovered that oral magnesium was not effective and began using liquid magnesium as a foot soak, finding that the body could utilize it more effectively.

As Kristen's health improved, she began to research and create natural bath and body products for herself, family, and friends with skin sensitivities. She began sharing her knowledge as she researched and found clean sources of whole food supplements and minerals. She never intended to start a business, but friends offered to pay her for her products and advice. Living the Good Life Naturally was created.

Starting with one-on-one consultations with clients, to farmers markets for the bath and body line, Kristen's business quickly moved from the small kitchen and extra bedroom in her home to a retail space in Logan, Utah. She hosted a Rocky Mountain Regional radio show for seven years where she answered questions on natural health. This led to workshops and keynote opportunities at natural health conferences. This quickly led to needing a full-time team for production, dealing with marketing, running the retail shop, and a multitude of things that it takes to run a business.

From small beginnings in her 10 by 15 basement kitchen to her warehouse, store, and online business, Kristen has helped thousands of individuals reclaim their own health foundation. As she tells her clients: "You are the CEO of your health. Let me be on your board of directors."

SUGGESTED INTERVIEW TOPICS:

- Transdermal Magnesium
- Gratitude, the missing piece to creating health
- Discovering Your Superfoods
- Claiming Your Body, Your Journey, Your Way

SUGGESTED INTERVIEW QUESTIONS:

1. Why soak in magnesium instead of taking a pill?
2. How often do I have to soak?
3. How does having gratitude increase my health?
4. What is a "magnesium burn rate" and how do I discover mine?
5. Do Epsom Salts work the same as magnesium?